

As a woman, our cycles align beautifully to the rhythms of the moon. The cycle our **hormones** takes **28 days** and matches the energy of the moon cycle.

I call this **Moon Cycle Flow**

Just as the light of the moon ebbs + flows throughout the month, there are days when our energy + hormones are high and there are days when our energy + hormones are low.

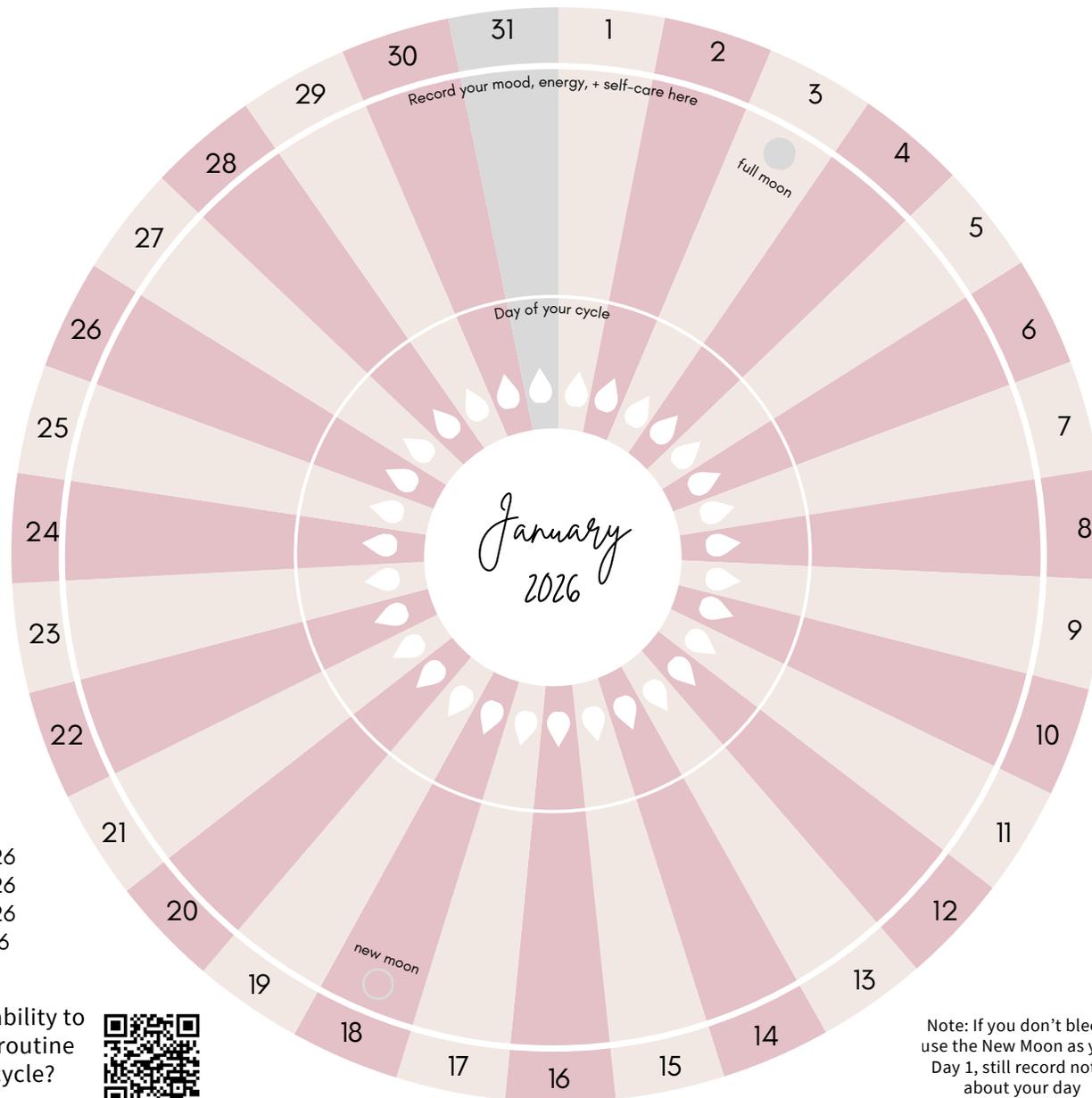
Before artificial lighting, the female cycle synced perfectly with the moon. Now, you might find that you **bleed** at the **new moon** or maybe at the **full moon**, but keeping track of your rhythm will help you to plan out your lifestyle and your **self-care** throughout the month.

- Full Moon: 1/3/26
- Last Quarter: 1/10/26
- New Moon: 1/18/26
- First Quarter: 1/26/26

Do you want some accountability to help you set up a self-care routine that is aligned with your cycle? Learn more here [➔](#)



January SELF-CARE TRACKER



USING THIS CHART:
This circular chart represents the days in the month, with the **New Moon** + **Full Moon** noted near the date.

The drops around the center are a quick way for you to notate your bleeding days; the space above the **droplets** is space for recording your **Moon Cycle date**.

Day 1 starts on the first full day of bleeding. Most cycles are 28 days, with **ovulation** happening in the middle.

Use the space between the rings to take notes about each day -

- the self-care you did (see next page)
- the way you felt emotionally, mentally, or physically
- your fasting/eating windows
- your feminine energy
- family interactions
- **anything to help you gather data about your moon cycle patterns**

Note: If you don't bleed, use the New Moon as your Day 1, still record notes about your day



Below you will find self-care ideas for each phase of your Moon Cycle to fill in your chart each day.

January SELF-CARE TRACKER

Day 1 is the first full day of bleeding + if you don't bleed, then use the **New Moon** as your Day 1.

Menstruation

Days 1 - 6

NEW MOON - WINTER
POWER PHASE I

optimal fasting window: 13-72 hrs
best foods: ketobiotic

Mind

- Journal prompt: What does my body want more of in this new year? (mental self-care)
- Read a motivational book to inspire a fresh mindset (emotional)
- Practice conscious stillness with 5 mins of silent breathing (spiritual)

Body

- Drink mineral-rich teas (nettle, raspberry leaf, peppermint) (physical self-care)
- Eat warming foods: spiced oats, roasted root vegetables, broths (physical self-care)
- Fast for 17 hours three times this week (feminine self-care)

Energy

- Dim lights at night to reset your circadian rhythm (environmental)
- Diffuse grounding oils like myrrh, cedarwood, or bergamot (environmental self-care)
- Wrap yourself in cozy textures—weighted blankets, wool socks, soft sweaters (emotional self-care)
- Affirm: "I honor my need to rest and allow renewal to flow through me."

Follicular

Days 7-10

WAXING MOON - SPRING
POWER PHASE I

optimal fasting window: 13-72 hrs
best foods: ketobiotic

Mind

- Journal prompt: What are 10 things you want to try this year for fun, not productivity? (mental self-care)
- Create a simple vision board for the winter months ahead (mental)
- Try a new planning system that feels more aligned (paper, digital, hybrid) (practical self-care)

Body

- Try a new uplifting movement style: rebounding, light cardio, yoga flow (physical self-care)
- Fast for 24 hours (feminine)
- Replace one processed snack with a fresh, energizing option (physical)
- Wear something colorful even in the deep of winter (emotional self-care)

Energy

- Switch on bright morning lights to boost mood + hormones (mental)
- Bring greenery indoors—buy or propagate a winter-friendly plant (environmental self-care)
- Plan a lunch date, walk date, or playdate for connection (social)
- Affirmation: "New energy is rising within me, and I welcome it with curiosity and joy."

Ovulation

Days 11-19

FULL MOON - SUMMER
MANIFESTATION (11-15) +
POWER PHASE II (16-19)

optimal fasting window: 13-15 hrs + 13-72 hrs
best foods: hormone feasting

Mind

- Journal prompt: Where do I feel most alive right now? (mental)
- Plan a fun experience for later in the winter to look forward to (practical self-care)
- Share your ideas or goals with a friend or partner (social self-care)

Body

- Do joyful movement: dance in the kitchen or outdoor play (physical)
- Intermittent fast 3 times this week - 13-17 hours (feminine self-care)
- Hydrate intentionally—carry your water bottle everywhere (physical)
- Treat yourself to a long, luxurious shower or hair mask (emotional)

Energy

- Attend or host a cozy gathering (tea night, soup night, moon circle) (social self-care)
- Light warm, bright scents: orange, cinnamon, clove (environmental)
- Write & speak your intentions aloud under the Full Wolf Moon (spiritual)
- Affirmation: "I shine my light boldly, sharing warmth and connection with those around me."

Luteal

Days 20-28 (bleed)

WANING MOON - AUTUMN
NURTURE PHASE

optimal fasting window: none
best foods: hormone feasting

Mind

- Journal prompt: Where do I need clearer boundaries this month? (mental self-care)
- Organize your pantry or fridge for cozy winter meals (practical self-care)
- Choose one habit you want to refine (not add!) this month (emotional)

Body

- Prioritize warm meals—soups, stews, roasted vegetables (feminine self-care)
- Reduce sugar + caffeine to ease PMS mood fluctuations (physical)
- Intentionally take time to rest and reduce your stress this week (emotional)
- No fasting this week (feminine)

Energy

- Declutter a winter closet or storage area to create mental space (practical self-care)
- Reduce social commitments that feel heavy—honor your retreat instinct (social self-care)
- Affirmation: "I protect my peace and move through the world with grounded presence."

